

Through The Forest Counseling Launching 8-Week Virtual Skills Group To Support Individuals Struggling With Depression, Anxiety, and Borderline Personality Disorder Starting Jan 20, 2022, At 7 pm EST

December 06, 2021

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Boston counselors and Quincy counselors from Through The Forest Counseling (based in Boston & Quincy, MA, and New Haven, CT) are launching a virtual 8-week DBT (Dialectical Behaviour Therapy) skills group for early-to-mid 20s participants, starting Jan 20, 2022, at 7 pm EST. This group aims to teach and support practical coping skills with daily stressors, dysregulation of one's emotions, and automatic thoughts, resulting in reduced feelings of isolation and incompetence, while increasing mindfulness, emotional, and distress-tolerance skills.

Counselors have experienced a growing number of clients struggling with loneliness and isolation with the global pandemic who desire a community to relate and connect. They believe that this skills group presented virtually will serve a wider audience and provide a community where the members can relate to each other's

struggles, so they don't feel alone and isolated, despite the pandemic.

Outpatient Clinical Director Lubenji Laforest shared, "With the pandemic and existing rise in client cases navigating loneliness and isolation, we are now seeing more clients dealing with anxiety, depression, and bordering personality disorder."

The plan is to provide an online space for group members that meet weekly on Thursdays, starting Jan 20, 2022, at 7 pm EST. This group will give its members a safe place to express their thoughts and feelings without barriers and walls. It will also allow them the time to practice positive self-care and build their coping skills tools.

Through The Forest Counseling's founder and clinician, Felicia Laforest, shared, "As clinicians analyzing our client intake sessions, we're observing patterns, and we knew we had to organize a series to share skills and create a safe environment. We're looking forward to this upcoming 8-week series."

Outpatient Clinical Director Lubenji Laforest also shared, "This skills group will help its members to cope with regulating their emotions and daily stressors. The member will learn mindfulness skills, distress tolerance skills, and emotional regulations skills to cope with daily stressors. We're confident this series will add alot of value to participants."

Those who want to participate in their upcoming group can enroll on their website: https://forestcounseling.net

Through The Forest Counseling serves their respective communities in Boston & Quincy, MA, and New Haven, CT. Their counselors believe many of us struggle to cope with daily stressors and often hide the emotions of personal, social, and professional life. Their counseling and group counseling services give clients a safe place to express their thoughts and feelings without barriers and walls, along with the space and time to practice positive self-care and tools to build coping skills.
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For more information about Through The Forest Counseling, contact the company here:Through The Forest CounselingFelicha Laforest(866) 540-1290forestcounseling12@gmail.com100 Cambridge St, Suite 1400, Boston, MA 02114

Through The Forest Counseling

Through The Forest Counseling is a mental & behavioral health practice comprising a group of therapists in

Boston, MA, offering counseling services for all ages. The clinic is black-owned, women-led and is LGBTQ-friendly.

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